Heart to Heart

An e-bulletin created especially for healthcare providers

In the News . . .



Adult obesity linked to ADHD in childhood

Researchers have shown that men diagnosed with ADHD as children had were twice as likely to be overweight or obese as adults. The study found that the obesity rate among the ADHD diagnosed group was more than 41% as compared to only 22% for those without ADHD.



Baldness associated with increased risk of heart disease

Balding men may be at an increased risk for heart disease according to an analysis of studies examining the link between male pattern baldness and adverse health. The association is greatest among men who loose the hair at the top and crown of their heads, known as vortex balding, including as much as a 69% increased risk of coronary artery disease as reported by analyzed study.



Communication with parents improves student's diet and exercise

According to a recent study, college students eat more fruits and vegetables and spend more time exercising on days that they speak with their parents than on days didn't. The study is yet another indicator to the importance of parents in helping youth to develop healthy eating and activity behaviors, further influencing their lifelong risk for chronic disease.



Exercise still lowers CV death risk in elderly

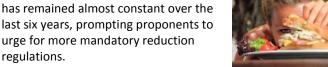
Following a large analysis of the effect of aerobic exercise on aging populations, researchers are purporting that elderly patients who maintained high levels of aerobic fitness experience lower mortality rates than those who lead sedentary lives. The research supports that while advanced age is associated with decreased muscle mass and endurance, older adults respond well to exercise.

All about Sodium . . .



Excess sodium in restaurants unchanged over six years

Research from the Center for Science in the Public Interest highlights the inadequate reduction of sodium levels in restaurant foods following the voluntary call for reduction via the National Sodium Reduction Initiative. The studies show that sodium levels in processed foods has remained almost constant over the





New study questions basis for slashing sodium

A new report released by the Institute of Medicine (IOM) examined the evidence base for current sodium reduction guidelines. The report stated that while there is evidence to support lowering overall excess sodium to 2,300mg daily, there is not sufficient evidence to support the lower 1,500mg recommendation. The report has incited some health experts, who are calling for a more comprehensive review of substantiated studies highlighting the risks of excess sodium.

What about Stroke and Heart Attack . . .



Depression doubles stroke risk

According to a new Australian study that followed more than ten thousand women for 12 years, depression among women aged 47-52 years of age is associated with an almost doubled risk for stroke. Researchers are calling for depression to be identified as a preventable risk factor.



Hormone therapy may lead to increased heart attack

Results from a Danish gender-identity study found that transsexual women who underwent hormone therapy from male to female gender assignment have an increased risk of thromboembolism and heart attack. The same risk was not seen in transsexual men. The study calls for more research to fully determine the risks of hormone therapy.



Heart to Heart

The latest on Cardiovascular Disease . . .



Work related stress linked to higher cholesterol

Spanish researchers have been able to show that emotional stress related stress in the job can increase unhealthy behaviors such as smoking and binge eating, leading to the potential for dislipidemia and an increased risk for other cardiovascular disease.



Hysterectomy does not increase CVD risk

New evidence from a long term study suggests that women who undergo a hysterectomy in midlife do not have an increased risk of cardiovascular disease (CVD), a finding that counters the long held belief that a hysterectomy may raise CVD risks. Some experts caution that such findings are not an all clear sign as signs of heart disease, such as athersclerosis, can take years to develop.



Fish oil of no help for those with high risk

Findings from the Risk and Prevention Collaborative Study Group have confirmed the lack of efficacy of supplemental use of n-3 fatty acids, known commonly as fish oil, in the prevention of cardiovascular disease and events, especially in those already at high risk with multiple risk factors.

Body tat hardens vessels after middle age

Studies looking at the effect of obesity on vascular health have indicated that while blood vessels are able to compensate to some extent for obesity in youth, this ability lessens as we age as obesity in middle age has been found to progressively stiffen arteries over time. More research is needed to determine when such changes become irreversible.



There's an app for that ...



Mobile technology is fast becoming a routine part of daily life. The value of such technology has not gone unnoticed by researchers who see social media and search engines as another arena for developing public health tools. A new app from the University of Iowa, "Vaccine Refused", is just one of those such tools. The app allows providers to track the number of vaccination refusals they receive, without including any personal patient information. The data will be added to greater database for comprehensive tracking of vaccination and refusals.



What's new at the IOM ...



Sodium Intake in Populations

Read the IOM's new report here to get the full story behind the call for more research for lower-level sodium reduction recommendations.



Interprofessional Education for Collaboration

This report is an IOM summary following two professional workshops to better determine the current models of interprofessional education and bridging the gap from education to practice.



The Childhood Immunization Schedule and Safety

The IOM report endorsed the safety of scheduled childhood vaccinations as well as provided a framework for safety research or new data collection systems.



Educating the Student Body

The IOM reviews the current status of physical activity and physical education in schools and makes recommendations for improving their presence and influence in the school environment.



The Heart Disease and Stroke Prevention Team: